

West Valley Dive League



**City of
Surprise
Dive Team
- 2016 -**



Dear Dive Parents,

On behalf of the entire coaching staff I would like to welcome you and your diver to our team. We have put together this packet in order to make things easier this season. Dive practices this year will be **Monday-Thursday** except for the first week due to Memorial Day. In order to have a successful season this year we are going to need your help. It is important that we work together to make sure your diver has the support system they need to make them successful this season.

City of Surprise

Surprise Swordfish (TEAL)

- Intermediate/Advance morning dive team.

Surprise Tsunami (YELLOW)

- Beginning, Intermediate, and Advanced teams in the afternoon.

Surprise Penguins (PURPLE)

- Beginning dive team in the morning

City of Peoria

Peoria Piranhas (BLUE)

Sunrise Sharks (RED)

Sunrise Sea Turtles (GREEN)

Please make sure to read this manual for dive team information. We will also continue to update you with information on the (www.surpriseaz.gov/aquatics) as well as update you at practices.

If you have any questions or concerns please don't hesitate to contact me, I look forward to making this a successful season with you!

Sincerely,

A handwritten signature in black ink that reads "Nicholas Haney".

Nicholas Haney
Head Dive Coach
Assistant Manager

DIVE TEAM GOALS

We want to provide safe and fun recreational dive teams for everyone to enjoy. We want our divers to work hard, practice good sportsmanship, and continue to strive to improve.

All divers must realize that they are competing only against themselves. Each diver should give 100% at each practice and meet. All divers and spectators should support and encourage all divers, including opposing teams. If everybody keeps this in mind, we will have a fun and successful dive season.

COMMUNICATION

Communication with the staff/parents/divers is crucial for a successful dive season. If there are any issues/concerns/compliments that you would like addressed, please do not hesitate to contact your coaches and/or myself.

REQUIREMENTS

Any diver ages 4-18 on June 1, 2016 is eligible to join the Dive Team. Your age as of **June 1, 2014** determines your age group for the entire season. Coaches will also place the divers into Beginner, intermediate, and advanced groups after the first week of practice and throughout the season and make adjustments as needed.

You must be registered **BEFORE** participating in any practice and/or dive meet. Divers must be able to jump off of the board and swim to the side of the pool unassisted.

In order to ensure safe and productive practices and meets, team capacities have been determined.

DIVE PRACTICES

Dive practices will be tailored to the individual divers, as well as the team atmosphere. Divers should remain positive throughout practice and be willing to try new things. Safety is always the number one concern at the pool, and will be taken seriously at all times. Divers must attend at least **two** practices during the week to compete in that week's dive meet. Divers will work with coaches to determine dive selection during the week.

Practice Times

Penguins (PURPLE):

- Beginners- 8:00-8:45 am

Swordfish (TEAL):

- Intermediate – 9:00-9:45am

Tsunami (YELLOW):

- 10 and under – 6:00-6:45pm
- 11 and older: 6:45-7:30pm

Please do not leave small children unattended at the pool. Our coaches are focusing on their divers during practice and will not be able to supervise any other children during that time.

First Day of Practice

The first day of practice will be held on Tuesday, May 31st. Divers should make sure they have sunscreen applied prior to practice. It is not mandatory to attend practices – we understand several schools do not get out for the summer until after practices begin. Our coaches are willing to work with you to make sure that your diver is still prepared before dive meets begin.

DIVE MEETS

Each team will compete in regular season meets and championships at the end of the season. Attendance is not required at any of the meets, but you must have attended at least two practices the week of the meet in order to compete.

Regular Season Meets

All meets are split into 2 age groups: 10 & under and 11 & older. Each age group is also split into 2 skill levels: Beginner and Advanced.

Please make sure to arrive on time for the meets. A warm-up period is allowed for both groups, and it is recommended that all divers participate in warm-ups. If you are in the 11 & older group, you do not need to show up until the 11 & older warm-up time, but you may attend the younger meet to cheer on your teammates.

Divers and parents need to be courteous to all participants. Please do not shout or talk to divers while they are on the boards. This will help allow the divers to concentrate on their dives.

Make sure to bring:

- ✓ Sunscreen
- ✓ Towel
- ✓ Water or sports drink to stay hydrated

Meet Times

Saturday Morning Meets:

- 10 & under
 - Warm-ups: 8:00am
 - Meet Starts: 8:30am
- 11 & older*
 - Warm-ups: 9:30am*
 - Meet Starts: 10:00am*

Saturday Evening Meets:

- 10 & under
 - Warm-ups: 5:00pm
 - Meet Starts: 5:30pm
- 11 & older*
 - Warm-ups: 6:30pm*
 - Meet Starts: 7:00pm*

*The 11 & older warm-up will begin immediately following the 10 & under meet. Times are estimated, so please be flexible.

Championships

At the completion of the regular season meets, ALL divers qualify for the championship meet. This year the meet will be **Saturday, July 16 at the Surprise Pool**. Warmups will begin for the 10 & under groups at 7:40 a.m.

Scoring

Divers will compete in at least 3 dives at every meet, depending on their age group and skill level.

Dives are judged and scored according the take-off, the flight, and the entry of the dive. Each dive will be scored by the judges on a score card. The scores are multiplied by the Degree of Difficulty and points are awarded per dive.

SAMPLE SCORE CARD

		West Valley Dive League							
DIVER NAME:		GENDER F M					Place awarded		
TEAM:		AGE: 10&y 11&o					Total Points Awarded		
DATE:		LEVEL: Adv Beg							

T = Tuck P = Pike S = Straight F = Free

Dive Order	Dive	Dive Pos.	JUDGES SCORES					Judges Total	DD	Points Awarded
			1	2	3	4	5			
1										
2										
3										
4										
5										
Total Points Awarded										

Diver Signature

Judge Signature

Judging Dive

Each diver starts off with the highest possible score and deductions are made from there.

When a Judge is judging a dive, there are certain specific things he/she looks for:

The Take-Off

- Correct, smooth approach (3-4 step or proper back take off)
- Lands on board with both feet together and close to the edge (Toes are not hanging over)
- Keeps body straight and vertical, not leaning
- Rides the board up to the maximum height

The Flight

- Smooth, graceful movements
- Diver should go straight up and forward, not deviating to the left or right
- Maintains a safe body distance from the board without going too far out
- Tight, correct body position
- Pointed toes

The Entry

- Diver should be vertical
- Legs together
- Arms at side (feet first entry)
- Arms directly over head (head first entry)
- Toes pointed
- Minimal Splash

A dive is considered a **Failed Dive** when it is the wrong dive or if it is in the wrong position.

A **Balk** is where a diver (attempting a front dive) stops on the board and restarts their approach or when (attempting a back dive) a diver loses balance and steps forward. 2 Balks also equals a failed dive.

AWARDS

All swimmers will receive ribbons for each of their dive meet events, which they compete. Place judge/ribbon distributors (all volunteers) work together to ensure the proper place ribbons are given to each child.

Championship medals or trophies will be awarded to all participants at the Championships.

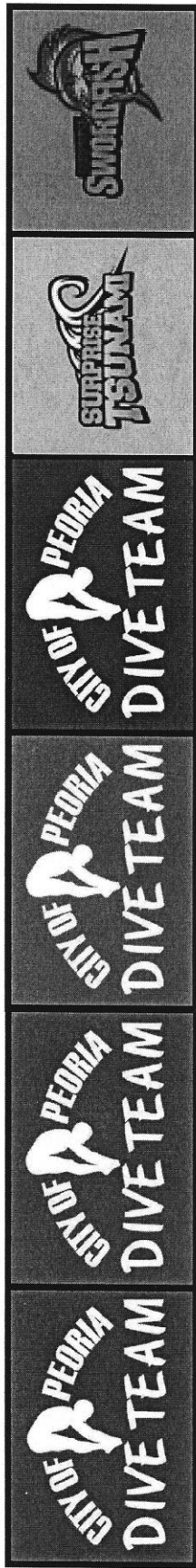
TEAM SUITS/TEAM PICTURES

Team suits and team pictures are optional. Team suit online information and order form can be found later in this packet. **Team pictures will be June 6, 2016.** Coaches will have more information regarding times at practice.

END OF SEASON PARTY

TBD

In celebration of a successful season, each team will have an evening of fun at the Surprise Aquatic Center. The party will be a potluck, so families are asked to bring a main dish, side, drinks, etc. to share. Trophies or medals will be given to all swimmers at the party and the pool will be available for open swim. If you are unable to attend the party, please pick up your trophy or medal at the pool before July 30.



Degrees of Difficulty

Front					Back				
Dive #	Dive	Position			Dive #	Dive	Position		
100	Forward Jump				200	Back Jump			
001	Forward Dive Fall In				002	Back Dive Fall In			
101	Forward Dive				201	Back Dive			
102	Forward Somersault				202	Back Somersault			
103	Forward 1-1/2 Somersaults				203	Back 1-1/2 Somersaults			
104	Forward 2 Somersaults				204	Back 2 Somersaults			
105	Forward 2-1/2 Somersaults				5211	Back Dive 1/2 Twist			
5111	Forward Dive 1/2 Twist				5212	Back Dive 1 Twist			
5112	Forward Dive 1 Twist				5221	Back Somersault 1/2 Twist			
5121	Forward Somersault 1/2 Twist				5222	Back Somersault 1 Twist			
5122	Forward Somersault 1 Twist				5223	Back Somersault 1-1/2 Twists			
5124	Forward Somersault 2 Twists				5231	Back 1-1/2 Somersaults 1/2 Twist			
5131	Forward 1-1/2 Somersaults 1/2 Twist								
5132	Forward 1-1/2 Somersaults 1 Twist								
Reverse					Inward				
Dive #	Dive	Position			Dive #	Dive	Position		
301	Reverse Dive				401	Inward Dive			
302	Reverse Somersault				402	Inward Somersault			
303	Reverse 1-1/2 Somersaults				403	Inward 1-1/2 Somersaults			
304	Reverse 2 Somersaults				404	Inward 2 Somersaults			

Open - Any dive may be chosen for the Open category

